



# July/August 2023 Newsletter

## Word From The Office

July and summer are here once again and with it is lots of sunshine, which means that it is vacation time, a time for fun and laughter. The holiday schedules are posted outside your child's classroom door; please take a minute to indicate when or if your child will be away on vacation, by marking the boxes with an "x". This helps when scheduling educators and in planning special events for the children, ensuring ratios are always met.

Summer Dress Code for children: shorts, t-shirt, long pants, sweatshirt, underwear, socks, indoor shoes, outdoor shoes, or a shoe with a rubber sole with a grip to enable your child to use the climbing apparatus, sun hat, and sunscreen. Please remember that open toes shoes (sandals, flip flops) and **CROCS** are **NOT** safe footwear on the playground as your child may accidentally stub their toe and cause serious injury. Shoes must be enclosed front and back and running shoes are preferred choice of footwear to ensure shoes do not slip off their feet, causing injury. Safety is always our number one priority.



Alpha continues to maintain high enrolment and all classrooms are full of children ready to learn. Over the summer, be expecting a graduation note stating when your child will be moving up and who the educators will be and the effective date. There will be some room changes effective July 17<sup>th</sup> as some educators have been in the same classroom for some time. Please read the list below for the classroom changes:

### Infants:

Areanna Jacob RECE (Lead Educator)  
Fowsio Hussein RECE

PJ Hehar RECE  
Amritpal Brar RECE

### Jr. Toddlers

Smiledeep Kaur RECE (Lead Educator)  
Kirandeep Kaur RECE (covering Simran's mat leave returning July 31<sup>st</sup> 2023)  
Komalpreet Jhawar RECE

### Int. Toddlers

Niketta Panchoo RECE (Lead Educator)  
Harjeet Kaur RECE  
Anamika Kaur RECE (worked in Pre/K)

### Sr. Toddlers

Chau Pham (Lead Educator)  
Kelly Braga (worked in Jr. Pre)  
Rupinderjit Kaur RECE

### Jr. Preschool

Lynda Leroux RECE (Lead Educator)  
Theresa Jaduram (worked in Sr. Pre)  
Ana Pavao RECE

### Sr. Preschool

Janice Thompson-Nelson (Lead Educator, worked in Int. Todds)  
Harnoorpreet Singh RECE

### Pre 3

Ipsita Mukerjee RECE, BA (Lead Educator)  
Harneet Mahey RECE

### Pre/K

Jacqueline Woods RECE (Lead Educator)  
Ankita Saini OCT (worked in Sr. Todds)

### Program Float Educators

Ann Brennan  
Parminder Bains  
Sukhneet Kaur RECE  
Lorraine LoSerro RECE

### Permanent Supply Educators

Jennifer Morrison  
Kirandeep Kaur RECE

Over the summer months educators will be away on vacation and Alpha

will be having some familiar faces cover their well-deserved time off. The following familiar faces will be in the classrooms helping to ensure that our programming runs smoothly and at the high standards that Alpha offers. Please welcome Fatima Ali, Khushi Lad, Melissa Hylton, Maninder Kaur. All these educators are very familiar with the children and the routines of Alpha, and we will also be having other familiar supply educators over the summer to help cover lieu time.

On June 30<sup>th</sup>, 2023, Alpha sent home your child's second term COR (Child Observation Record), we hope you all have had the opportunity to read the thorough report and if you have any questions or would like to meet with your child's educators, please let us know to make arrangements that best suites us all.

I will be on vacation the week of July 17<sup>th</sup> - 21<sup>st</sup>, August 14<sup>th</sup> - 18<sup>th</sup> and August 21<sup>st</sup> - 25<sup>th</sup>. If you have any questions or concerns Shivana will be able to assist you. While I am out of the office Jacqueline will be supporting Shivana in the office.

Until next time my door is always open.  
Patricia Andrade RECE  
[patriciaa@alphachildcare.ca](mailto:patriciaa@alphachildcare.ca)

## Dates To Remember

Monday July 3<sup>rd</sup>, Alpha is closed in lieu of Canada Day

Thursday July 6<sup>th</sup>, Mary's Retirement Party/Open House

Monday August 7<sup>th</sup>, Alpha is closed for Civic Holiday

## Infants

Yay, summer is here. We are so excited to have fun in the sunshine but don't forget to put on your sunscreen! We can do so many summer activities with our children free of cost! We don't have to buy any expensive toys for our kids to have fun in the summer or to enjoy summer activities. There are so many things in nature we can use to plan activities for our little ones and help them in their holistic development. Here are few activities that you can explore with your children in summer:

- **Science activities** - They can feel the texture of different surfaces outside like rocks, wood, sand, and leaves.
- Create sensory bottles with different materials found outside so they can explore and examine them more closely!
- Sink and Float experiment - put some toys and natural materials in a water bin and let them observe and guess if they will float or sink!
- Take your child to the park! Your child gets a chance to explore nature and breathe in fresh air. They can look out for birds, animals and flowers!
- **Math activities** - Collect some pebbles, leaves, pinecones and count with them.
- Sing counting songs with them (eg. 5 Little Monkeys, 5 Little Ducks, 1,2,3,4,5 Once I Caught A Fish Alive, 1 Little 2 Little 3 Little Flowers)
- **Language and Literacy Activities** - name different parts of nature so

that they can learn some new words and build on their their vocabulary!

- Read a variety of literature with them, for example, an alphabet, animal, or story book, a family album, or fliers. When reading and looking through such literature, point to and label familiar items to support the development of language, comprehension, and literacy.
- Sing songs with them to increase their vocabulary, for example, *Old Mac-Donald*, *Baby Shark*, *Wheels on the Bus*, *ABCs*, and *Head, Shoulder, Knees, & Toes* so that the children can also learn about a variety of topics while having fun!
- **Water play** - is another activity we can do with our children outside.
  - Put some sponges in the water and let your child soak, squeeze, and explore them! Add some toys in the water bin and let them wash varying toys like cars, babies, and utensils using the sponges.
  - Create some paper boats so that they can float them in the water.
  - Put some natural materials in the water (eg. Leaves, rocks, dirt, wood chips, etc.) so that they can see the items float/sink.
- **Physical activities** - help them increase their fine and gross motor skills.



- Play with balls! Roll, throw, catch, and chase them! You can even practice turn-taking.
- Search for and use large stones such as steppingstones! You can leap across, jump off, or engage in dramatic play!
- Scavenger hunt - hide toys/natural materials in the sand and let them find it.
- Play with bubbles! Children can chase the bubbles, pop them with their hands, or stomp on them with their feet!
  - Bring an indoor tunnel, outdoors!
  - Play Peek-a-Boo!
  - **Creative Activities** - bring some creative tools (eg. crayons, markers, chalk, or paint, etc.), creative backgrounds (eg. blank/lined paper, construction paper, bristol board, white/chalk boards, brown paper bags, foil paper, craft/mural paper, tissue/wrapping paper, etc.), connectors (eg. liquid white glue, glue sticks, tape, pipe cleaners), and loose parts (eg. buttons, leaves, shells, confetti, string/thread, sticks, popsicle sticks, etc.) outside and let them create!
- Create handprints with paint on a create background or even with water on the driveway/pavement!

Sincerely,  
**Amritpal RECE, Areanna RECE, PJ RECE, Fowsio RECE and the Infants**

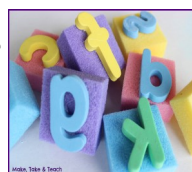
## Junior Toddlers

Greetings, Parents! We hope everyone is doing well and enjoying the lovely summer weather as much as we are. The summer weather has truly been a delight, with lush green leaves and gorgeous flowers blooming all around us.

Our days have been filled with lots of excitement, especially with our toddlers, who have been busy exploring both indoors and outdoors. They are so curious and eager to learn, and it warms our hearts to see their enthusiasm as they uncover new things. They have been enjoying being outside, exploring their natural environment in the bright shine of the sun. Even inside the classroom, everything is running quite smoothly. It is well said, "Each day presents new opportunities and possibilities." We are

always amazed by how much our toddlers grow and learn every day. Whether it is following their routines, holding hands on a walk, or trying out new experiments, they are always keen to take on new challenges. It's so fun to see their willingness and inquisitiveness toward exploring, examining, and investigating the varieties of science experiments.

As the warmer weather is here, the sun is getting very bright, and we certainly relish going outdoors and having fun. Please remember to bring a summer hat, indoor-outdoor shoes, and sunscreen to apply before going outside so that our little ones can safely enjoy



the warm weather. Here are some enjoyable activities that children can do to stay active and engaged during this lovely weather.

**Animal Rescue Experiment:** This cool and exciting activity that children will surely enjoy! You can freeze some toy animals in a bowl or ice tray and let the kids have a blast breaking and melting the ice using hammers to rescue the animals. This activity will help enhance their fine motor skills, language development, and observation skills.

**Alphabet Stamping:** This engaging and exciting activity will facilitate learning with fun. Using the letter sponges and child-safe tempera

(Continued on page 4)

## Intermediate Toddlers

Hello Intermediate Toddler families, we greet you with warmest wishes this summer season and hope the holidays will be fun filled and relaxing. We were so happy to see you at Alpha's Annual Summer BBQ. Your support made it even more special, and we thank you.

Summertime means a lot more time spent outside. But summer fun can quickly take a turn when rising temperatures, proximity to water and climbing on play structures results in illness or injury. There is no doubt about it: There are a lot of potential summertime injuries and illnesses out there, which can feel overwhelming and scary to parents. And while some illnesses and injuries are simply inevitable, there are easy steps to take to reduce the chances of your child getting sick or hurt. Here we share a guide to making maintain health and wellness for our precious toddlers:



1. Apply sunscreen liberally even if the exposure time to the sun may be a short one. Sunscreen expiration date should be check ahead of time. The SPF should be a minimum 25 or more.

2. Be aware of allergies which may affect your toddler especially during this period. Gather information from your family doctor on how they can be treated and check immunization records to make sure they are up to date. Remember knowledge in power.

3. Provide comfortable clothing, headwear and footwear as during this time energy levels are high and running, jumping, skipping will be a part of the activities they will be involved in.

4. Encourage your toddler to



wash their hands with soapy water after outdoor interactions.

5. Stay hydrated. Encourage your toddler to have more water and less sweet beverages. During outdoor activities they will sweat more and dehydration will occur.

6. Check the length of their finger and toenail to reduce scratches or them ripping while hands are busy exploring.

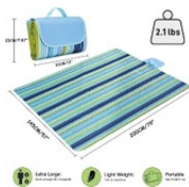
Summer is a great time for kids to get outside and enjoy the weather — but it's important for parents and guardians to remember safety tips throughout the season. We want children to run, play and enjoy themselves, but we also must be mindful that certain environmental elements may be potentially dangerous to them.

Have a wonderful summer!  
**Janice Support Educator,  
Harjeet RECE, Anamika RECE  
and the Intermediate Toddlers**



## Senior Toddlers

Hello parents, we sincerely hope that everyone is doing well and having a great summer. The Senior Toddlers are also taking advantage of the heat by spending an hour outside twice daily. This season we are spending lots of time outdoors so here are some summer must-haves we recommend to all families to helping little ones entertained and enjoyed the most out of summertime.



summer. With built-in sun protection and a wide brim, this lightweight and adjustable hat is the easiest way to shield your little one from those rays.

### 3. Outdoor Blanket

Whether heading for a family picnic at the park or a fun-filled day at the beach, an outdoor blanket is always a great idea! It's a perfect and easy-to-pack place for your crew to play, snack, and relax when you are on the go this summer. This is also an excellent durable, and water-resistant neutral option.

### 4. Water Bottle

Staying hydrated in the heat is a must. Remember to pack a kid-friendly water bottle for all your summer adventures! These adorable and spill-proof bottles are the perfect addition to your summer lineup.



versatility you need when you are on the go! Attach it to the stroller or car seat and let your baby cool down and feel the breeze.

### 6. Sidewalk chalk

Let their imagination run wild with some sidewalk chalk. It's a fun and easy way to get the kids outside and let their creativity shine without leaving your home! It comes with a handy bucket to store the chalk in too.



Please feel free to speak with us if you have any questions or concerns!

Until next time,  
**Chau RECE, Ankita OCT, Rupinder RECE and the Senior Toddlers**



### 5. Portable Fan

Keep baby cool and breezy in the warm summer with a portable fan. Small enough to take anywhere with the

### 1. Sunscreen

Sunscreen is an absolute summer must have. Most sunscreen is full of harmful chemicals and not suitable for baby skin. Luckily, there are a few more natural sunscreen brands that are baby safe and effective. For example, Babyganics SPF 50 Sunscreen Lotion, Thinkbaby Safe Sunscreen, Aveeno Baby Continuous Protection Sensitive Skin Zinc Oxide Sunscreen, Coppertone Pure & Simple Kids, etc.

### 2. Sun Hat

Protect that precious face from the sun! Always keep a sun hat on hand when you are out and about in the



## Junior Preschool

Hello again everyone! We are so happy to finally welcome Summer! Some of our families are busy planning trips away, some back home and some to different cities to visit friends and relatives. Other families will stay in the city and have what we like to call a "staycation". It is easy to plan ahead when there are so many exciting things to see and do, as a family in our wonderful city.



meet new people and spend time with other families that have young children. [Brampton.ca](http://Brampton.ca) has the schedule for all recreational centres and public parks around the city.

*Professor's Lake Recreational Centre* is right in our neighbourhood. They offer canoe, kayak and paddle boat rentals for use on the lake and there is a 65-acre beach with a swimming area and water slide for use in the summertime. We don't need to travel hundreds of kilometers to enjoy the water when it's right in our backyards.

There are public parks all everywhere that have splash pads and wading pools for children of all ages. Pack a picnic and enjoy a nice day out in the sun.

There are also indoor swimming pools in recreational centres around the city that offer a scheduled time for, parent and child swimming and family group swimming. This is a great opportunity to

Our favourite place of all is *Downey's Farm* on Mayfield and Heart Lake Rd. Downey's is filled with a ton of activities that are suitable for children of all ages and enjoyable for parents as well.

*Downey's Funland*, is a play area with a tractor tire sand box, a trike track and a wooden pirate ship for climbing. The *Kritter Korral* has farm animals such as, goats, llamas, sheep and rabbits that children can feed and pet. Downey's also offers seasonal wagon rides and pony rides. They also offer raspberry and strawberry picking. You can visit [downeysfarm.com](http://downeysfarm.com) to see the list of new and exciting activities they are offering this season.

We know with busy schedules it can be difficult to keep children active, engaged and learning all at the same time. We hope some of these suggestions will help you plan some easy and entertaining precious vacation days with your families.

Until next time,  
**Lynda RECE, Kelly Support Educator,  
Ana RECE and the Junior Preschoolers**

## Special Events

Happy Summer to all our Alpha Families! We hope everyone continues to enjoy the heat and the outdoors!

On Monday July 3<sup>rd</sup>, 2023, Alpha will be closed in lieu of Canada Day!

Please join us on Thursday July 6<sup>th</sup> to celebrate Mary's Retirement! It will be an open house event starting at 3 p.m. Get to know her years of service and the vast impact she made in the Early Childhood community. We will be speaking to parking patrol to make an exception for this day!

### Celebrate Mary's Retirement

On Monday August 7<sup>th</sup>, 2023, Alpha will be closed for Civic Holiday!

We hope everyone has a fantastic summer!  
**Shivana Seedeyal RECE**  
[shivanas@alphachildcare.ca](mailto:shivanas@alphachildcare.ca)

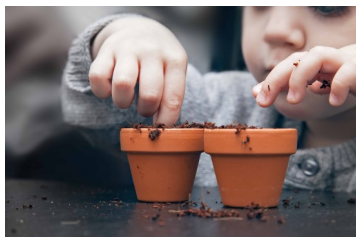
We're on the web visit:  
[www.alphachildcare.ca](http://www.alphachildcare.ca)

## Junior Toddlers cont'd

(Continued from page 2)

paint, let them stamp different alphabets on the paper or on the outdoor walls or fences.

**Colour hunt:** Why not turn a beautiful summer day into a learning opportunity? Take a walk outdoors, spot all the different colours around you, and challenge them to point to or name each colour they find!



**Plant Seeds:** Let's have some fun learning about how plants grow! Using the small clay pots, plant the seeds with them. Then, engage them in the process of watering them every day and see how they change and grow step by step. It's a great way to learn about the natural world around us.

**Watermelon shape learning:** How about making learning fun

using their favourite summer fruit? Cut up the watermelon into different shapes like circles, squares, rectangles, and triangles. Then, as you give them the yummy treats, teach them the names of the shapes and encourage them to say them back to you. It'll be a fun way to learn!

Until next time,  
**Smiledeep RECE, Komal RECE, Kiran RECE, and the Junior Toddlers**

## A Moment With The Manager

Now that the summer months are here I felt it was fitting to discuss with you the importance of taking your children on a vacation. Just like you and I, everyone needs a break from their daily routine, even the children, as life is stressful and can be exhausting. Sometimes we forget that being in childcare all day every day is a child's work which can be full of frustration, challenges as well as many successes. Then in the midst of all that, we rush them off each night to participate in some extracurricular activity, whether it be soccer, swimming, gymnastics or dance. The children burn a lot of energy trying to meet all these expectations, therefore, children need time to relax, rejuvenate and enjoy life's little things, just as much if not more than we as adults do. So, this summer I encourage you to take your children on a mini vacation. Take advantage of the times when you can be with your child(ren) for



extended periods of time. These special times that you spend with your child can be a fun time creating delightful memories that will strengthen your relationship with your child. It is important that your child see you letting your hair down and putting your feet up and relaxing in order for them to learn from your role modeling.

When planning your vacation involve the children in the planning process. Pick up brochures and schedules of the places that you would like to visit or take a trip to the library to gather information on the places you might see while vacationing. Remember try not to plan too much as this can cause undue stress and fatigue. Remember to always take your child's lead whenever possible. If they really want to just swim in the pool versus going to the museum, let them, both of you will have a much better time doing something that you want to do as

opposed to something that you have to do. Vacation time gives you ample time to make a connection with your child. Quality time can also include just one - on-one time, playing a game together or simply just reading a book. Have a great time with your child this summer and create some lasting memories that both of you will cherish for many years to come.

Please join us on Thursday July 6<sup>th</sup> to celebrate Mary Soundy's Retirement! It will be an open house event starting at 3 p.m and will be held at 900 Peter Robertson Blvd. Get to know her years of service and the vast impact she has made in the Early Childhood community. We will be speaking to parking patrol to make an exception for this day, so please do not pay for parking!

Until next time, my door is always open  
**Patricia Andrade RECE**  
[patriciaa@alphachildcare.ca](mailto:patriciaa@alphachildcare.ca)

## Preschool 3

Hello Preschool, families, welcome to the months of July and August. We hope you all enjoyed the spring weather. With the summer approaching, children will participate in more outdoor activities that incorporate hands-on experiences, experiments, and enjoyable learning as the Preschool 3 classroom finishes the academic year. The preschoolers will continue to review academic materials taught during the year to prevent forgetting it, but it will be applied to their outdoor explorations as well.

The following is a list of some of the activities that you can conduct at home in addition to the ones the children will be doing at Alpha:

### SEASHELL ART

Spread out a variety of seashells for the kids to choose from. You will also need a variety of permanent markers. Allow the kids to decorate the shells however they want to. They may do stripes and polka dots, or they may turn those shells into animals and favourite cartoon characters.



### GLOW LANTERN CRAFT

- 1 pack 8 count glow bracelets

- 8oz mason jar
- Mason jar wire handle



#### Instructions

1. "Crack" each glow stick down its entire length
2. One at a time form each glow stick into a bracelet shape and push the glow stick down into the mason jar so it hugs the jar from the inside
3. Repeat step 2 until all 8 glow sticks are inside your jar hugging the inside (if your jar is larger, just add more glow sticks)
4. Screw your lids back on and place the mason jar wire handle around the rod and lock in place.

### FIZZING RAINBOW SCIENCE EXPERIMEN

- Make a paste from baking soda and water. Divide the paste into five bowls and dye each cup a colour of the rainbow with food colouring.
- Roll the coloured baking soda paste into rolls and arrange them into a rainbow on the tray or plate. This works best if you start with blue and complete the rainbow backwards, arranging the colours in then following order: Blue,



Green, Yellow, Orange, Red

- Once the rainbow is complete, use the pipettes to pick up a small amount of vinegar. Squirt the vinegar onto the rainbow and watch it fizz!
- Repeat the process until the rainbow no longer fizzes or the tray is filled with coloured liquid.

### EASY BIRD FEEDER

- **(Adult)** Using a knife, slice an orange in half in the opposite direction that you would slice it if you were eating it.
- Using a spoon, let your child hollow out the centre of the orange to create a bowl.
- Create string holes in all four edges with scissors and run string through to create a hanging basket.
- Allow your child to fill the orange with bird seed.
- Hang your new bird feeder outside on a tree limb and wait for the birds!

Until next time!  
**Harneet RECE,**  
**Ipsita RECE, BA**  
**& the**  
**Preschoolers**



## Senior Preschool

Hello again everyone! What a jam-packed, and interesting (Hey Alexa, play "What does the fox say") couple of months it's been! We are so excited to be in a routine that is currently working for all of the children, and educators. The Senior Preschool educators would like to take a moment to welcome Gurmehar and her family, and Mugilan and his family, to the Sr. Preschool classroom! We are super excited to have you join us!

At this time, we are happy to report that the children have all settled extremely well into our routines, and continue to progress more and more each day. The educators are finding it very helpful to use the picture PICS to help the children become accustomed with our daily schedule, and any other assistance they may require.

The children have been busy enjoying the warmer weather and getting dressed quickly for outdoor discovery time. They love exploring the natural playground by sliding down the slide, digging in the sandbox, riding bikes and climbing up and down the wooden log steps. This is good because developing a love for nature and being outdoors is

just as important as being inside and exploring all the different learning areas in the classroom. When they are outside the learning areas are the same as indoors, as there is a creative area, sensory area (i.e. the sandbox and water pump), as well as little tables for cognitive and science exploration. This is where they can enjoy building with small blocks or sorting small objects. Lastly, there are areas on top of the hill for the children to use their imagination skills to pretend to take on different roles on the natural playground and develop their small and large muscle, balance, mobility, coordination, turn taking and sharing skills.

Since summer is finally here - it comes with a lot of hot and sunny days that everyone looks forward to - we thought what better way to ring in the warmer months than with some easy, family friendly and fun activities for all families to enjoy. We hope you have a blast, and we can't wait to hear all about it during circle time!



Some activities to enjoy this summer!

- Have a picnic at the local park with your family and friends
- If you have a pet make it fun by giving the pet a bath outside in the backyard with the water hose.
- Have an outdoor game night. Set up a table outside with chairs and bring a game that you are going to play outside such as charades, Pictionary, monopoly, uno, bingo etc.
- Go to a local orchard and pick some fresh fruit. Yum!
- Make a fairy house -Don't leave your local neighborhood fairies to fend on their own in this heat. Create magical tiny homes for your fairies out of stones, sticks and other found and recycled materials. For a little extra magic, add some sparkly gemstones, glitter or twinkle lights.

Until next time  
**Harnoorpreet RECE, Theresa Support Educator & The Sr. Preschoolers**

## Preschool/Kindergarten

Hello again everyone, it is hard to believe that another school year has come to an end and that we are beginning the summer months. The next few months will be very exciting for you and your children as they begin to transition to a new school. Throughout the summer we will be reviewing our Jolly Phonics program as well as continuing with Handwriting Without Tears to practice and develop the skills they have been learning all year. We have been starting to introduce blending and sight word recognition to the children as part of the curriculum. Several of the children are already able to recognize a few words and they are all showing an interest in reading. A good way to promote this skill is to have a lot of shared reading experiences with your child. We will continue to include a variety of books and stories into our daily curriculum, including beginning

reader books for those children who are expressing interest in reading.

With the summer months, we like to enjoy a more relaxed schedule and spend as much time as we can outdoors regardless of the weather. We had a bit of a challenge in the spring due to our playground being off limits for extended periods of time so we want to take

advantage of our amazing natural playground as much as we can.

Therefore, it is very important that children have the appropriate clothing for outdoor time.

Each child requires a summer hat to

protect their head from the sun each day. Most of the children have already brought sunscreen but if you have not done so, please send a bottle of sunscreen with your child with a minimum of 25 SPF. The educators will apply it before going outdoors in the morning and afternoon. If you apply

your child's sunscreen before bringing them to school, please let the educators know so they do not apply it twice. Also, children need a pair of outdoor shoes that protect the foot, (toes and heels must be enclosed), to avoid bringing sand and dirt into the classroom. We will also be enjoying our playground on rainy days as well so please ensure your child has rain boots and a raincoat here at the centre as well.

We believe that having fun and being outdoors is very important for our children's development and well-being. We still need to remember that they need to keep their skills going for when they return from vacation or go off to school. Here are some fun ways to encourage your child even while away from school:

1. Physical play, learn a new skill such as riding a bike, catching and throwing a ball, playing soccer or swimming
2. Fine Motor/printing, writing postcards while on vacations, drawing

(Continued on page 7)

### SIGHT WORDS



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# Sheila's Kitchen

## Healthy And Easy Breakfasts Your Kids Will Love

**Yes**, is the resounding answer to the question, "Do I really need to eat breakfast?" from medical professionals and nutritionists around the world. It is after all, the most important meal of the day. But

have you ever wondered why?

Well, here are five very convincing reasons why you shouldn't skip breakfast tomorrow morning or ever again...

### 1. Break the Fast

The word "breakfast" literally means breaking the fast. In other words, it literally kick starts your metabolism, muscles, and mind after an 8 or more hour period of food deprivation.



### 2. Don't Be a Gloomy Gus

Skipping breakfast will put a black cloud over any day. Instead of being a grouch, eat breakfast to encourage a positive mood for the day ahead.

### 3. Improve Mental Performance

Medical research shows that children who skip breakfast are more apathetic, disinterested, and irritable compared to breakfast noshers.

### 4. Fuel for Energy

Eating a breakfast rich in fiber and carbohydrates will keep you fueled and alert throughout the day.

### 5. Be a Role Model

If you're a parent, eating breakfast sets a healthy example for your kids.

## Caramel Apple Overnight Oats

### Ingredients

- 1 cup - oats, dry
- 1 teaspoon - cinnamon
- 3 tbsp - maple syrup, pure
- 8 ounce - Ripple Milk

- 1 medium - apple

### SYRUP:

- 2 tablespoon - coconut oil
- 2 tablespoon - maple syrup, pure
- 1 tablespoon - almond butter

### Directions

Combine oats, cinnamon, maple syrup and Ripple Milk (I used the vanilla flavor) in a small bowl or tupperware.

Cover and let refrigerate over night.

In morning, give the oats a good stir.

Chop up your apple into small pieces and layer in oats and apples to your glass!

**Caramel Syrup:** Melt the coconut oil and maple syrup together in the microwave, then whisk in almond butter until smooth. Add a tiny splash of vanilla or pinch of salt if you want! Drizzle on top!



## Blueberry Coconut Milk Smoothie

### Ingredients

- 2 cup - blueberries, frozen
- 2 medium - banana
- 1 cup - yogurt, plain, low-fat
- 1 cup - coconut milk
- 1 tablespoon - honey
- 2 cup - spinach

### Directions

In a blender, combine all ingredients and blend until smooth. Pour into serving bowls. Top with additional sliced bananas and blueberries, if desired

*Sheila, Chef*

# Preschool/Kindergarten cont'd

(Continued from page 6)

in the sand at the beach or in the yard with a stick, doing crafts such as beading or lacing

3. Literacy/Mathematics, trips to the library for books to read together, looking at the letters on license plates while on a road trip, going on a scavenger hunt, playing board or card games together, collecting items of interest, shells, stones, sticks, pictures etc., sorting and counting our collections.
4. Science, going on nature walks around the neighbourhood, looking up at the night sky to count the stars and look for constellations, going on a bug hunt,



learning about an area of interest such as an animal your child might like.

These are just a few ideas for continuous learning over the summer. We hope that everyone can enjoy some well-deserved time off and have a fun and relaxing summer. Thank you for joining us for graduation and celebrating a successful year!

*Jacqueline RECE,  
Ankita OCT and  
the Preschool/  
Kindergarten class*

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